WHAT IS CLAIMED IS:

1. A method for fabricating a bistable microelectromechanical system (MEMS) based system, comprising:

lithographically defining at least one beam having a specified nonlinear shape corresponding to a first stable state of the at least one beam.

- 2. The method of claim 1, further comprising lithographically defining the at least one beam to have a certain geometry.
- 3. The method of claim 2, wherein lithographically defining the at least one beam to have a certain geometry comprises lithographically defining the at least one beam to have a certain height and a certain width, wherein the height is greater than the width.
- 4. The method of claim 1, further comprising forming a stop that contacts the at least one beam when the at least one beam is between the first and second stable states and near the second stable state.
- 5. The method of claim 1, further comprising determining a second stable state of the at least one beam by lithographically defining the at least one beam to have a certain geometry.
- 6. The method of claim 5, wherein lithographically defining the at least one beam to have a certain geometry comprises lithographically defining the at least one beam to have at least one of a certain length, a certain width and a certain curvature.
- 7. The method of claim 6, wherein lithographically defining the at least one beam to have a certain geometry further comprises lithographically defining the at least one beam to have a certain height.
- 8. The method of claim 1, further comprising determining a throw distance of the at least one beam between the first and second stable states by lithographically defining the at least one beam to have a certain geometry.
- 9. The method of claim 8, wherein lithographically defining the at least one beam to have a certain geometry comprises lithographically defining the at least

one beam to have at least one of a certain length, a certain width and a certain curvature.

- 10. The method of claim 9, wherein lithographically defining the at least one beam to have a certain geometry further comprises lithographically defining the at least one beam to have a certain height.
- 11. The method of claim 1, further comprising determining a force curve of the at least one beam between the first and second stable states by lithographically defining the at least one beam to have a certain geometry.
- 12. The method of claim 11, wherein lithographically defining the at least one beam to have a certain geometry comprises lithographically defining the at least one beam to have at least one of a certain length, a certain width and a certain curvature.
- 13. The method of claim 12, wherein lithographically defining the at least one beam to have a certain geometry further comprises lithographically defining the at least one beam to have a certain height.
- 14. The method of claim 1, further comprising forming at least one of a thermal actuator, an electrostatic actuator, a piezoelectric actuator and a magnetic actuator adjacent the at least one beam.
- 15. The method of claim 14, wherein forming at least one of a thermal actuator, an electrostatic actuator, a piezoelectric actuator and a magnetic actuator adjacent the at least one beam comprises forming a thermal impact actuator.
- 16. The method of claim 14, wherein forming at least one of a thermal actuator, an electrostatic actuator, a piezoelectric actuator and a magnetic actuator adjacent the at least one beam comprises forming a zippering electrostatic actuator.
- 17. The method of claim 1, further comprising forming at least one fixed boundary condition of the at least one beam.
- 18. The system of claim 1, further comprising forming at least one bearing boundary condition of the at least one beam.
- 19. The system of claim 1, further comprising forming at least one spring boundary condition of the at least one beam.

- 20. The method of claim 1, wherein lithographically defining the at least one beam comprises patterning the at least one beam in a device layer of a silicon-on-insulator wafer.
- 21. The method of claim 20, further comprising defining a height of the at least one beam using a thickness of the device layer.
- 22. The method of claim 20, further comprising partially etching an insulator layer between the device layer and a substrate to release the at least one beam with part of the insulator layer remaining to anchor the at least one beam to the substrate.